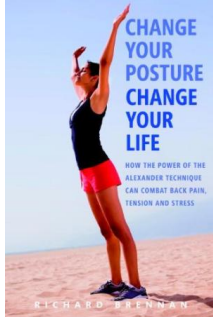


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CHANGE YOUR POSTURE, CHANGE YOUR LIFE: HOW THE POWER OF THE ALEXANDER TECHNIQUE CAN COMBAT BACK PAIN, TENSION AND STRESS



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